

## **Performance Outcome 9. 1.**

Crawl under an obstacle.

## **Training Objectives Related to 9. 1.**

A. Given a physical exercise, demonstrate ability to crawl under an obstacle.

**Criteria:** The trainee shall be tested on the following:

9.1.1. Crawl under an obstacle of 24 inches or less for 10 feet without becoming caught or injured.

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Technique for low crawl

## **Performance Outcome 9. 2.**

Sprint at full speed for a distance of 50 yards.

## **Training Objective Related to 9. 2.**

A. Given a physical exercise, sprint at full speed for a distance of 50 yards.

**Criteria:** The trainee shall be tested on the following:

- 9.2.1. Response to a visual cue
- 9.2.2. Body position for sprinting
- 9.2.3. Breathing techniques

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Body position for sprinting
2. Breathing techniques
3. Warm-up during training

### **Performance Outcome 9. 3.**

Run a distance of 1/2 mile.

### **Training Objectives Related to 9. 3.**

- A. Given a physical exercise, run a distance of 1/2 mile using techniques to help minimize injury.

**Criteria:** The trainee shall be tested on the following:

- 9.3.1. Running positions
- 9.3.2. Breathing techniques for running

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Running positions to minimize injury potential
2. Breathing techniques for running
3. Warm-up for running

## **Performance Outcome 9. 4.**

Run a course through varying terrain.

## **Training Objectives Related to 9. 4.**

A. Given a physical exercise, run a course through varying terrain appropriate to locality.

**Criteria:** The trainee shall be tested on the following:

- 9.4.1. Complete an obstacle course representing various terrain while running, jumping, turning, and crawling.
  - a. Run at least 1/2 mile during the course
  - b. Jump over a 3 foot ditch or similar obstacle
  - c. Vault over three different types of obstacles typical of the locale
  - d. Crawl under an obstacle of 24 inches in height for at least 10 feet
  - e. Turn three times during the course
- 9.4.2. Use of breathing techniques appropriate to each type of physical effort.

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Techniques for running, jumping, turning, and crawling as part of obstacle course training.
  - a. Run at least 1/2 mile during the course
  - b. Jump over a 3 foot ditch or similar obstacle
  - c. Vault over three different types of obstacles typical of the locale
  - d. Crawl under an obstacle of 24 inches in height for at least 10 feet
  - e. Turn three times during the course
2. Breathing techniques appropriate to each type of physical effort.



### **Performance Outcome 9. 5.**

Climb four flights of stairs.

### **Training Objectives Related to 9. 5.**

A. Given a physical exercise, climb four flights of stairs.

**Criteria:** The trainee shall be tested on the following:

- 9.5.1. Climbing techniques
- 9.5.2. Breathing techniques
- 9.5.3. Leg strength development
- 9.5.4. Aerobic endurance

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Climbing techniques
2. Breathing techniques
3. Leg strength development
4. Aerobic endurance

***Instructor Note: This exercise may be completed by using one flight of at least thirteen (13) steps and climbing up and down four times, or any other combination that equals this. Climbing single steps do not equal a flight of steps.***

### **Performance Outcome 9. 6.**

Extend arm to reach and search tight spaces.

### **Training Objectives Related to 9. 6.**

- A. Given a physical exercise, demonstrate ability to extend arm to reach and search tight spaces.

**Criteria:** The trainee shall be tested on the following:

- 9.6.1. Arm extension to avoid injury to muscles of upper back and shoulder
- 9.6.2. Range of motion for shoulder rotation
- 9.6.3. Flexibility

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Arm extension to avoid injury to muscles of upper back and shoulder
2. Range of motion for shoulder rotation
3. Flexibility

### **Performance Outcome 9. 7.**

Assist person to prevent falling, move to a place of safety and support person to a safe position.

### **Training Objectives Related to 9. 7.**

- A. Given a physical exercise, assist person to prevent falling, move to a place of safety and support person to a safe position.

**Criteria:** The trainee shall be tested on the following:

- 9.7.1. Protect head and shoulders of person to the extent possible
- 9.7.2. Use upper body strength
- 9.7.3. Use torso/trunk strength (back and abdominal)
- 9.7.4. Use base strength (hip and legs)

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Protecting head and shoulders of person to the extent possible
2. Use of upper body strength
3. Use of torso/trunk strength (back and abdomen)
4. Use of base strength (hip and legs)

### **Performance Outcome 9. 8.**

Hold flashlight in various positions while performing various law enforcement duties.

### **Training Objectives Related to 9. 8.**

- A. Given a physical exercise, hold flashlight in various positions while performing various law enforcement duties.

**Criteria:** The trainee shall be tested on the following:

- 9.8.1. Grip strength
- 9.8.2. Range of motion
- 9.8.3. Shoulder flexibility

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Grip strength
2. Range of motion
3. Shoulder flexibility



## **Performance Outcome 9. 9.**

Push open an unlocked door that is partially blocked with shoulder/arm movement to gain entry using techniques to help minimize injury.

## **Training Objectives Related to 9. 9.**

- A. Given a physical exercise, push open an unlocked door that is partially blocked with shoulder/arm movement to gain entry using techniques to help minimize injury.

**Criteria:** The trainee shall be tested on the following:

- 9.9.1. Push against a door with 26 - 50 pounds of resistance
  - a. Facing door, use shoulder/arm movement with legs to assist
  - b. Sideways to door, use shoulder/arm movement with legs to assist
  - c. Back to door, use shoulder/arm movement with legs to assist

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Techniques for pushing against a door with 26 - 50 pounds of resistance
  - a. Facing door, use shoulder/arm movement with legs to assist
  - b. Sideways to door, use shoulder/arm movement with legs to assist
  - c. Back to door, use shoulder/arm movement with legs to assist

### **Performance Outcome 9. 10.**

Kick open a door using techniques to help minimize injury.

### **Training Objectives Related to 9. 10.**

- A. Given a physical exercise, identify places on a door to aim a kick and simulate the kicking open of a door to gain entry while using techniques for kicking that will help to minimize injury.

**Criteria:** The trainee shall be tested on the following:

- 9.10.1. Places on door to aim the kick
- 9.10.2. Technique using a good base for a front kick
- 9.10.3. Technique using a good base for a back kick

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Places on door to aim the kick
2. Technique using a good base for a front kick
3. Technique using a good base for a back kick

### **Performance Outcome 9. 11.**

Climb up and down 8 feet on a vertical ladder using techniques to help minimize injury.

### **Training Objectives Related to 9. 11.**

- A. Given a physical exercise, climb up and down 8 feet on a vertical ladder using techniques to help minimize injury.

**Criteria:** The trainee shall be tested on the following:

- 9.11.1. Body positions for ascending and descending
- 9.11.2. Maintaining contact of ladder against object to climb

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Body positions for ascending and descending
2. Maintaining contact of ladder against object to climb

## **Performance Outcomes 9. 12.**

Jump down without use of hands from a height of 2 feet and drop down with use of hands from a height of 4 feet using techniques to help minimize injury.

## **Training Objectives Related to 9. 12.**

- A. Given a physical exercise, jump down without use of hands from a height of 2 feet and drop down with use of hands from a height of 4 feet using techniques to help minimize injury.

**Criteria:** The trainee shall be tested on the following:

- 9.12.1. Jump down without use of hands from a height of 2 feet using techniques to help minimize injury.
- 9.12.2. Drop down with use of hands from a height of 4 feet using techniques to help minimize injury.

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Jump down without use of hands from a height of 2 feet using techniques to help minimize injury.
  - a. Technique for starting and landing a jump
  - b. Technique for falling if landing off balance
2. Drop down with use of hands from a height of 4 feet using techniques to help minimize injury.
  - a. Technique for using hands to drop down from a height
  - b. Technique for falling if landing off balance



### **Performance Outcome 9. 13.**

Cross over a fence of a minimum of 4 feet or according to heights permitted by local ordinance; jump or vault over obstacles of various heights using techniques to help minimize injury.

### **Training Objective Related to 9. 13.**

Given a physical exercise:

- A. Cross over a fence of a minimum of 4 feet or according to heights permitted by local ordinance using techniques to help minimize injury.
- B. Jump or vault over a fence, wall, or other barrier of 4 feet in height while using hands and techniques to help minimize injury.
- C. Vault over obstacles typical of a work environment of 30 inches in height while running using techniques to help minimize injury.

**Criteria:** The trainee shall be tested on the following:

- 9.13.1. Techniques suitable to crossing various types of fences for climbing, jumping, or vaulting
- 9.13.2. Positioning hands and feet
- 9.13.3. Body positions for take off
- 9.13.4. Body positions for landing
- 9.13.5. Body position going over fence
- 9.13.6. Falling position if landing off balance

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Techniques suitable to crossing various types of fences for climbing, jumping, or vaulting
  - a. chain link
  - b. brick
  - c. wood
  - d. others as may be identified
2. Positioning hands and feet
3. Body positions for take off
4. Body positions for landing
5. Body position going over fence
6. Falling position if landing off balance

### **Performance Outcomes 9. 14.**

Climb through a window or other similar opening using techniques to minimize injury.

### **Training Objectives Related to 9. 14.**

- A. Given a physical exercise, climb or hoist self up at least 3 feet from ground level and go through an opening of 36” wide and 27” in height and down the other side of the opening using techniques to minimize injury.

**Criteria:** The trainee shall be tested on the following:

- 9.14.1. Body position for ascending
- 9.14.2. Body position for passing through opening
- 9.14.3. Body position for descending

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Body position for ascending
2. Body position for passing through opening
3. Body position for descending

## **Performance Outcome 9. 15.**

Drag or push a heavy object other than a vehicle or, when necessary, extract a person from a vehicle to effect a rescue.

## **Training Objectives Related to 9. 15.**

- A. Given a physical exercise, extract a 125 pound object from a vehicle to simulate effecting a rescue, and drag or push a heavy object other than a vehicle weighing 125 pounds for a distance of 25 feet.

**Criteria:** The trainee shall be tested on the following:

- 9.15.1. Body alignment
- 9.15.2. Breathing techniques
- 9.15.3. Various types of surfaces
- 9.15.4. Lifting technique for up to 125 pounds and 25 foot distance
- 9.15.5. Carrying technique for humans, animals, and inanimate objects
- 9.15.6. Dragging technique for up to 125 pounds and 25 foot distance.
- 9.15.7. Pushing technique for up to 125 pounds and 25 foot distance.
- 9.15.8. Bend, reach, grab hold of person at point most helpful to extraction from a vehicle under prevailing conditions using proper body mechanics

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Body alignment
2. Breathing techniques
3. Various types of surfaces
  - a. concrete
  - b. grass
  - c. asphalt
  - d. indoor tile
4. Lifting technique for up to 125 pounds and 25 foot distance
5. Carrying technique(s) for up to 125 pounds and 25 foot distance
6. Dragging technique for up to 125 pounds and 25 foot distance
7. Pushing technique for up to 125 pounds and 25 foot distance
8. Bend, reach, grab hold of person at point most helpful to extraction from a vehicle under prevailing conditions using proper body mechanics

## **Performance Outcome 9. 16.**

Push a motor vehicle by yourself out of a lane of traffic at least 25 feet using techniques to minimize injury.

## **Training Objectives Related to 9. 16.**

- A. Given a physical exercise, push a motor vehicle by yourself out of a lane of traffic at least 25 feet using techniques to minimize injury.

**Criteria:** The trainee shall be tested on the following:

- 9.16.1. Evaluation of scene
- 9.16.2. Control of traffic
- 9.16.3. Gear placement to move car
- 9.16.4. Steering needs
- 9.16.5. Simulate various road conditions
- 9.16.6. Body alignment
- 9.16.7. Breathing technique

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Evaluation of scene
2. Control of traffic
3. Gear placement to move car
4. Steering needs
5. Simulate various road conditions
  - a. dry
  - b. wet
  - c. icy
6. Body alignment
7. Breathing technique

***Instructor Note: Techniques for pushing vehicles are taught in order that an officer may do so in a manner to minimize injury should exigent circumstances require this task of the officer. In ordinary circumstances, the officer will wait for a car with push bars or a tow truck. Advise trainees that they will also need to identify department policy related to pushing vehicles as part of their department training.***



### **Performance Outcome 9. 17.**

Push a motor vehicle with another person out of a lane of traffic at least 25 feet using techniques to minimize injury.

### **Training Objectives Related to 9. 17.**

- A. Given a physical exercise, push a motor vehicle with another person out of a lane of traffic at least 25 feet using techniques to injury.

**Criteria:** The trainee shall be tested on the following:

- 9.17.1. Evaluation of scene
- 9.17.2. Control of traffic
- 9.17.3. Placement of each person moving car
- 9.17.4. Gear placement to move car
- 9.17.5. Steering needs
- 9.17.6. Simulate various road conditions
- 9.17.7. Body alignment
- 9.17.8. Breathing technique

**Lesson Plan Guide:** The lesson plan shall include the following:

1. Evaluation of scene
2. Control of traffic
3. Placement of each person moving car
4. Gear placement to move car
5. Steering needs
6. Various road conditions
  - a. dry
  - b. wet
  - c. icy
7. Body alignment
8. Breathing technique

***Instructor Note: Techniques for pushing vehicles are taught in order that an officer may do so in a manner to minimize injury should exigent circumstances require this task of the officer. In ordinary circumstances, the officer will wait for a car with push bars or a tow truck. Advise trainees that they will also need to identify department policy related to pushing vehicles as part of their department training.***